

# Blood Pressure Management: An Overview

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## **Why is blood pressure monitoring important?**

**High Blood Pressure, often called hypertension,** occurs when blood moving through your arteries places too much force against the artery walls. Having the excessive pressure on your arteries and organs for an extended period (months, years) can seriously damage your organs, including your eyes, heart, brain, and kidneys. **Low blood pressure, or hypotension,** can create problems during dialysis. Blood pressure may drop at any time during treatment. It can be due to less fluid in the bloodstream.

- Early diagnosis, frequent monitoring, and improving your blood pressure can improve your overall health and lower your risk of poor outcomes

## **Why do we need to do a 24-hour blood pressure monitor at home?**

It's important for the Dialysis team to be able to monitor your blood pressures at rest, with activity, and before and after medications. This helps us treat your symptoms and identify problems early. This can also help us identify if you are on the best blood pressure medication for your current readings, since different blood pressure medications can work in different ways.

## **What you need to know about high blood pressure (hypertension):**

### **Causes:**

- Too much fluid in the body (too much fluid intake between dialysis treatments)
- Not enough blood pressure medication
- Blood pressure cuff not on arm correctly
- Wrong cuff sized used
- Movement during blood pressure reading

## **Symptoms**

- Headaches
- Nosebleeds
- Difficulty breathing
- Flushing (feeling warm)
- Swelling/edema
- Dizziness
- Chest pain
- Blurry vision

## **What you need to know about low blood pressure (hypotension):**

### **Causes:**

- Too much fluid removed during dialysis or just overall dehydrated
- Diarrhea or vomiting leading to dehydration
- Too much blood pressure medication

### **Symptoms:**

- Dizziness
- Nausea/vomiting
- Tiredness
- Increased thirst
- Lack of concentration
- Blurry vision
- Cold, clammy skin

## Your current blood pressure medications:

Your provider will tell you whether to take these medications before or after dialysis.

Medication	Dose	Instructions

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